HOMEDICS®

UltraSlim Pro

Instruction Manual

USL-1000-EU

2 year guarantee

Thank-you for purchasing HoMedics UltraSlim Pro

UltraSlim Pro is an innovative device using salon technology for use in the comfort of your own home. It improves body shape by reducing body circumference measurements and treats unwanted fatty deposits under the surface of the skin that cause cellulite. We strongly recommend that you read this User Manual thoroughly before use to ensure you use the product effectively and safely.
NB: Best results are achieved when UltraSlim Pro is used in conjunction with a healthy diet and regular exercise.

Top Tips For Safe And Succesful Treatments

Drink plenty of water to help the body process and remove resulting toxins from the body
It is recommended to perform treatment during the morning as this provides more time for your body to process the fats released.
Perform 20-30 mins of light exercise after the treatment to stimulate lymph movement
Total treatment times should never exceed 40 mins in a single 24 hour period
Maximum treatment time for a single area is 20 mins (e.g one thigh or abdomen area)
Always leave at least 72 hours between treatments
Avoid alcohol and caffeine for 48 hours whilst the body processes toxins released during treatment
Please refer to page 6 before treatment, this section outline what to expect during treatment.
For more information about UltraSlim Pro including a demo video, visit us at: www.homedics.co.uk

Benefits

How Does Ultrasonic Slimming Work?

Ultrasonic slimming works by delivering a low frequency Ultrasound (40Khz) to a targeted area of the body. This specific wavelength of ultrasound causes the fat cell membrane to vibrate and subsequently breakdown. The body then processes the released triglycerides (fatty acids) by either converting it to energy or metabolising via the liver for disposal.

Benefits

UltraSlim Pro provides the following benefits
UltraSlim Pro is a salon-grade device that can effectively treat the unwanted localised build-up of fat cells (including cellulite) in the body.
The treatment is non-invasive and provides a more attractive alternative to cosmetic surgery with no recovery time required.

Features

Pre-set treatments – the product includes four preset treatment modes
1. Abdomen, including fatty deposits at the sides of the lower back
2. Thighs/upper leg
3. Hips/buttocks
4. Arms

Fully Programmable – it is also possible to manually override according to personal preference
1. Treatment Time: from 1 to 20 minutes.
2. Treatment Intensity: Levels 1-5

READ ALL INSTRUCTIONS BEFORE USE.
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

IMPORTANT SAFEGUARDS:

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Centre for examination and repair.
- Keep cord away from heated surfaces.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- This product requires a 220-240 V AC power supply.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to a HoMedics Service Centre. All servicing of this appliance must be performed by authorised HoMedics service personnel only.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch. Keep air openings free of lint, hair etc.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- Failure to follow the above may result in the risk of fire or injury.
- Burns can result from improper use.

Never use accessories that are not recommended by the manufacturer

SAFETY CAUTIONS:

PLEASE READ THIS SECTION CAREFULLY BEFORE USING THE APPLIANCE.

It is advisable to consult your doctor before using this product, in particular if you suffer with any pre-existing health conditions (see below). It is not recommended for treatment of those under the age of 18.
Keep this appliance out of the reach of children.
Do not use for longer than the recommended time.

It is not recommended to use this device if you suffer from any of the following conditions:

- If you are pregnant or think you might be
- If you are breast-feeding
- Undergoing fertility treatments
- If you have any kind of heart disease
- If you suffer from skin problems
- Osteoporosis
- Fibromyalgia
- Malignant tumours
- Hypertension
- High cholesterol levels
- kidney problems
- Metal implants or prostheses
- Hearing implants
- Physical deformity
- Epilepsy
- Long-term treatment with medications: anti-inflammatories, anticoagulants, antibiotics or antihistamines
- Depression
- Psychiatric or psychological treatment
- Liver problems (fatty liver)
- Irritable bowel syndrome
- Diabetes

Avoid using the device to treat areas where the bone is close to the skin and there is very little fat as this can cause discomfort.
Under no circumstances should the USL-1000-EU be used on:- head, neck, breasts, the thorax, navel, forearm, joints, genitals, back, or lymph glands (see diagram on page 7) treatment of these areas is likely to cause discomfort and this is not where fat deposits are located.
Avoid passing the handset over tattooed areas.
This appliance should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
NEVER use directly on swollen or inflamed areas or skin eruptions.
DO NOT use on an infant, invalid or on a sleeping or unconscious person.
DO NOT use on insensitive skin or on a person with poor blood circulation.

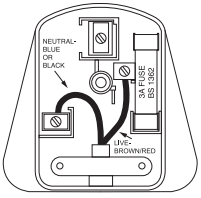
Upon opening the UltraSlimPro package you will find the following parts:

- UltraSlim Pro device
- Ultrasonic Applicator
- Electrical power cords (1 x UK, 1 x EU)
- UltraSlim Pro gel (500ml)
- Applicator storage bracket (assembly required)
- User manual
- Warranty card

Additional accessories sold separately:
UltraSlim Pro Gel (500ml)

Plug (Model USL1000-GB ONLY)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 3A BS 1362 fuse. Only use a 3amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



Battery directive

This symbol indicates that batteries must not be disposed of in the domestic waste as they contain substances which can be damaging to the environment and health. Please dispose of batteries in designated collection points.

WEEE explanation

This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

ASSEMBLY AND PREPARATION FOR USE

Assembly

First remove all components from the box and unwrap from the protective polybags.

1. Take the applicator storage bracket and fix to the back of the main unit by locating the two pins into the holes on the unit and pushing firmly downwards to lock into place (fig. 2.0)
2. Connect the ultrasonic applicator to the main unit, taking the metal connector for the applicator and insert into the socket on right side of the main unit (fig. 2.1). Ensure that the plug is the correct way up. To store the applicator, ready for use, place into the storage bracket with the metal plate facing upwards (fig. 2.2)

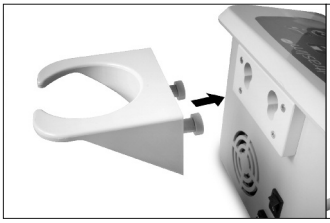


Fig 2.0

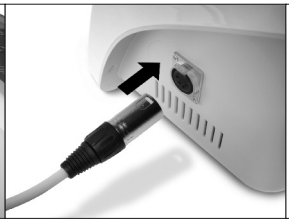


Fig 2.1

Fig 2.2

3. Take the power cord and connect to the socket on the machine. Plug the unit into the mains (to protect the device we recommend using a surge protected socket).

The device is now ready to use.

IMPORTANT: PLEASE READ PRECAUTIONS ON PAGE 4 BEFORE USE

Before Beginning Your Treatment

For best results it is highly recommended to increase your hydration levels by drinking up to 2 litres of water in the two hours before use. This will increase your body's ability to process the metabolise fats released during treatment within the liver and effectively flush it from the body.

It is essential that the product is used in conjunction with HoMedics UltraSlim Pro Gel. The gel helps to conduct the ultrasound waves into the body. Without the gel, the device will not function correctly and the ultrasound applicator may be damaged.

Ensure the treatment area is clean and dry and remove any items of clothing covering the skin in the area to be treated. Before commencing treatment, apply the UltraSlim Pro Gel liberally to the treatment area.

What to expect during treatment

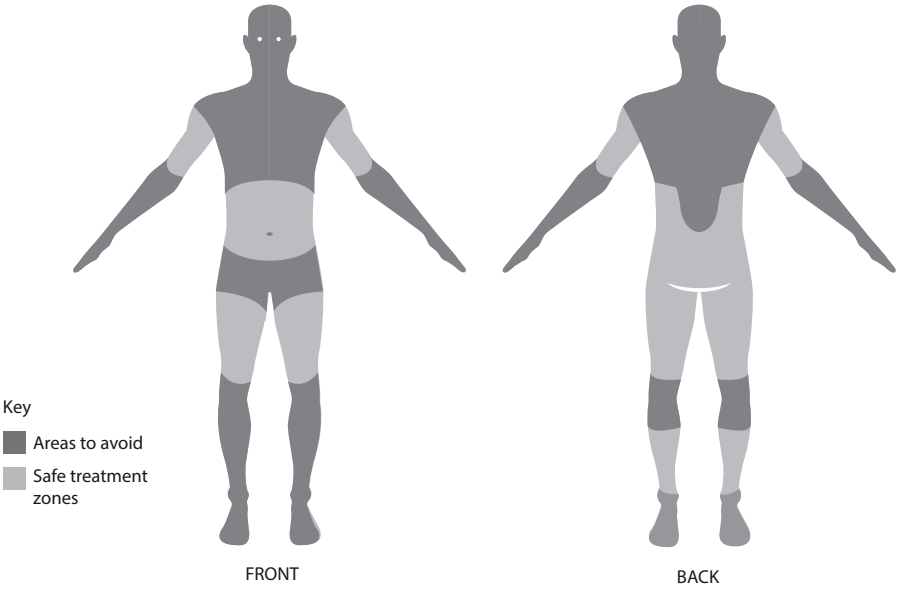
1. It is normal to experience a buzzing noise in the ears as the operating frequency is close to the lowest frequency audible by the human ear. This will not damage the ear, but may cause some discomfort. Be mindful if using the device around animals with sensitive hearing

NB: In areas with less fat the noise is louder. Additionally, treatment areas that are closer to the ears (e.g arms) will result in a louder buzzing noise than areas further from the ears (e.g thighs). The sound should stop when treatment is finished.

2. You will feel a sensation similar to pins and needles as the fat cells become impacted by the treatment. This is perfectly normal and indicates the device is successfully treating the fat cells.
3. The metal plate on the handle will become warm during use, especially if used for 30-40 minutes. If you are sensitive to heat you may wish to stop using the device until the handset cools down.
4. Some users experience a reddening of the skin during use which can remain for up to 2 hours after use.
5. Very occasionally mild side effects may occur, such as excessive thirst, or nausea immediately after the treatment. This can be resolved by drinking water.

NB: If you feel excessive discomfort due to noise or other sensations during treatment, it is possible to manually adjust the intensity – see page 8 and 9.

Treatment Zones And Areas To Avoid



Maximum Recommended Treatment Frequency And Duration

Recommended Treatment Schedule

For correct and safe usage please follow the below guidelines

Per Treatment Zone: 20 minutes maximum per session

'Treatment Zone' refers to the area of the body selected for treatment.

Example: It is OK to treat the abdomen for 15 minutes and then the thighs for 15 minutes but NEVER perform a 30 minute application on only your abdomen in the same day. Each upper leg or arm should be considered a separate treatment area.

Per Session: 40 minutes maximum per treatment session

Session refers to the total treatment time in one day. NEVER exceed 40 minutes per session.

Example: This could be 20 minutes over 2 Treatment Areas or 10 minutes over 4 Treatment Areas for example.

Between Sessions: Minimum 72 hours

It is important to leave at least 72 hours between sessions to allow the body to eliminate all the fat released during the session. It is OK to leave a slightly longer time between treatments, but a gap of more than one week for a particular treatment area may reduce the efficacy.

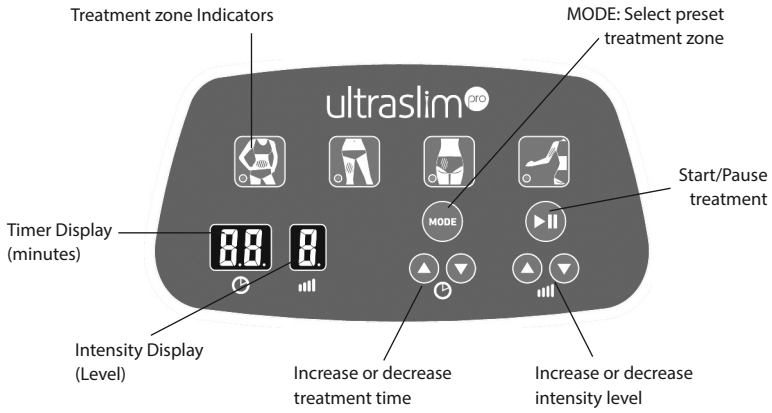
Example: in one week the MAXIMUM Schedule would be: Monday, Thursday, Sunday.

It is recommended to rest from treatment for 3 weeks after 20 sessions.

Once you reach your target it is recommended to carry out approximately 2 maintenance sessions per month although this may vary according to the individual.

USING YOUR ULTRASLIM PRO

UltraSlim Pro Control Panel and Functions



Beginning a treatment session

Once you have plugged the machine into the mains supply and turned on the power switch (reverse of unit), the following default settings will appear on the monitor:
Treatment Zone: Abdomen Time: 15 minutes Intensity: Level 4
To scroll through the different treatment zone press MODE. The LED for the selected zone will illuminate.
N.B. The treatment zone cannot be changed once treatment starts.
With the required Treatment Zone, Level and Time selected you are ready to begin. First ensure sufficient gel has been applied to the treatment area, remove the Ultrasound applicator from the bracket and press ▶II to start treatment
With the metal surface of the Ultrasound applicator, massage the area using the techniques shown on the next page.
To pause treatment press ▶II and simply press again to restart the treatment .
If the session is not restarted within 5 minutes the device will emit a beep and enter standby mode. To reactivate press MODE to recall the session and ▶II to continue treatment.
Once the timer reaches zero, the treatment will stop and the unit will emit a double beep.

Customising your treatments

The preset time and intensity levels take into account the amount and depth of fat normally located in the specific treatment areas and are therefore recommended for normal use.

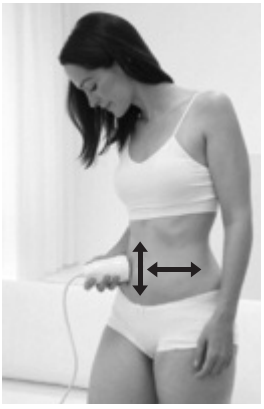
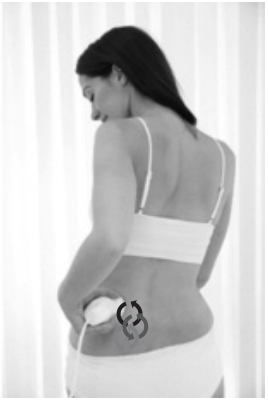
The table below provides guidelines for the pre-set treatment times/levels.

Treatment area	Pre-set time	Power level
Abdomen/lower back	15 mins	4
Thighs/Legs	10 mins	3
Buttocks	12 mins	4
Upper arm	8 mins	3

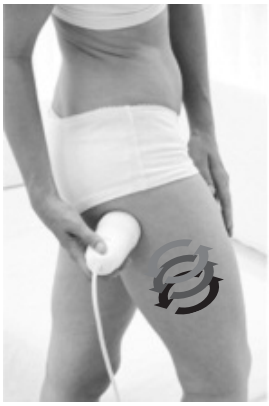
If you find the treatment uncomfortable (buzzing noise or pins and needles) you may wish to reduce the intesity/duration
Increasing the intensity or duration of treatment from the preset will have a greater impact on fat cells, but the pins and needles sensation and the buzzing noise will be greater.
To change treatment time from the preset use the arrows (Range: 1-20 minutes)
To change intensity level from the preset use the arrows (Range: 1-5)
N.B. Never exceed the recommended treatment times

Treatment guidelines for optimum use

Key things to remember:
Never apply USL-1000-EU to the navel, breasts, the thorax area, genitals, knee joints, lower leg, elbow, forearm, wrists or hands as this will cause discomfort.
Ensure you have liberally applied UltraSlim Pro gel
For best results it is recommended to combine different massage techniques (spiral, crossways, circular) during different sessions.
Slide the handset slowly over the skin without pressing, ensuring an even contact between the metal surface and the skin.

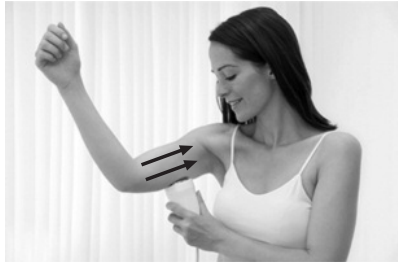



Abdomen/Lower back/Sides: Circular and longitudinal massage movements should be applied from top to bottom as shown in the diagrams. Combine the various massage techniques during different sessions.



Thighs/ Hips: Circular and longitudinal massage movements should be applied from the bottom upward as shown in the diagrams. During treatment concentrate on the area with the most fat.

Buttocks: Longitudinal and circular massage should be done in the direction of the arrows shown in the diagrams.



Arms: Massaging this area should be applied toward the body, as shown in the diagram.

After Treatment Care:

After you have finished your treatment clean any gel from the handset using a damp, but not wet, cloth. Return the handle to the cradle. Switch off the unit using the switch at the back of the machine and unplug from the mains.
Remove any excess gel from the skin with a damp cloth. If you wish to apply anti-cellulite or toning creams/gels after treatment is a good time to do this.
For best results it is recommended to take 20-30 minutes of light exercise e.g. walking/cycling/swimming etc. to assist with drainage of the lymphatic system.

Ultrasound Re-Calibration Process

To prolong the life of the unit it is necessary to periodically re-calibrate the frequency. This ensures that the applicator and main unit are operating at the same frequency to deliver the best treatment results.
It is recommended to carry out this process at least every 100 working hours, but it does not matter how often you check the calibration. If the tingling sensation felt during use reduces in intensity over time this may indicate that the unit requires recalibration.

Calibration process:

1. To enter calibration mode first turn the unit on. Select a treatment mode and press ⏯ to activate the ultrasound. Press and hold both up and down arrows (Level) ▲ ▼. The frequency will display on the screen.
2. The frequency should be set to 40 to maximise the performance of the device. Use ▲ ▼ to change the frequency if it is above or below 40
3. After changing the frequency, press ⏯ to save the changes. If frequency is already at 40, go to the next step.
4. Press ▲ ▼ together to exit the frequency calibration interface, then the device will go to the standby status.

Measurement Chart:

Use the below table to keep track of your treatments and record circumference reduction.
Either complete the table on this page or photocopy.

Treatment/ Measurement Date	Treatment Area	Circumference	Notes

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Register your product today at:
http://www.homedicsgroup.com/register

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